

Border Eagle

Laughlin Air Force Base, Texas ... Together we 'XL'



Newsline

A glance at news affecting Laughlin

Prayer breakfast

Laughlin's observance of the National Prayer Breakfast is scheduled for 8 a.m. Wednesday at Club XL. Tickets are \$3 each.

For more information on this event see the article on page 3 of this issue.

IA month

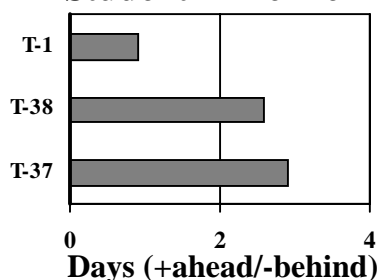
Lt. Gen. William J. Donohue, Air Force director of communications and information, has proclaimed February to be Information Assurance Month. The theme for this year's plan is titled, "Information Assurance in the New Millennium."

As a reminder to all government computer users, per AFI 33-129, *Transmission of Information Via the Internet*, you are only allowed to visit Internet sites that are needed for you to conduct your official duties. If you have any questions about this or other information assurance concerns, call Frederick Ervin at 4271.

Mission status

(As of Jan. 27)

Student Timeline



Sorties flown in FY 00:
20,044

Hours flown in FY 00:
33,212

Pilot wings earned in FY 00:
104

Pilot wings earned since 1963:
11,750

NSACA accredits Laughlin Youth Center

By Senior Airman Mike Hammond

Editor

The National School-Age Care Alliance has accredited the Laughlin Youth Center.

The youth center met or exceeded NSACA's requirements for accreditation based on 144 quality standards for quality school-age care. These standards describe the best practices in after school programs. They are focused on six keys to quality: human relationships, indoor environment, outdoor environment activities, safety, health and nutrition, and administration.

According to Karen Cook, Laughlin school age program coordinator, the youth center was already certified through the Air Force. To be certified, the center is subject to no-notice inspections to ensure it is in compliance with standards. In the past three years, Laughlin's program has received among the best scores in AETC. Being accredited by the NSACA is the icing on the cake, said Denise Booth, youth center director here. "This accredita-

tion shows that we are going above and beyond what is required, and offering a true quality program to our school age children."

Cook added, "Being nationally accredited tells parents their children are in a quality child-care environment. It says the children are given the opportunity to participate in activities which enhance their growth and development skills."

The center underwent a self-study process to determine how the center was meeting the national standards for quality. The study involved staff, children, families and community members, including Patty McNamara, principal of Ruben Chavira elementary school.

After working to meet the 144 NSACA standards for quality, the youth center applied for an endorsement visit. Two trained school-age professionals observed the program for 24 hours and met with families, program staff and community leaders. They sent a detailed report to NSACA, and it was determined that the youth center met the criteria for accreditation.

AETC selects new command chief

Air Education and Training Command recently announced Chief Master Sgt. William A. Milligan as its new command chief master sergeant.

After serving as the command chief for Air University at Maxwell Air Force Base, Ala., for six months, Milligan succeeds Chief Master Sgt. Kenneth E. Hair, who retired Jan. 21 after 28 years of military service.

Milligan has served as a command chief for more than four years, including assignments at 2nd Air Force at Keesler Air Force Base, Miss., and the 17th Training Wing at Goodfellow Air Force Base, Texas. At Goodfellow, he was superintendent of the military personnel flight, 17th Mission Support Squadron, as well.

The 48-year-old chief earned his associate's degree in applied science administration management from the Community College of the Air Force. He was a

See 'Milligan,' page 5



Photo by Senior Airman Mike Hammond

Valentines for Vets

Sherrie McDonald, Laughlin Child Development Center director, helps Christian Artieda (left), and Stephen Bridges, both 2, create Valentines to be sent to hospitalized veterans. For more information on Valentines for Vets, see page 5.

the inside scoop

View from the Top ...

Gen. Lloyd Newton, AETC commander, discusses the value and necessity of inspections in the Air Force.

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Winning design ...

Laughlin recently won an AETC-level design award for the new base operations complex and control tower.

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St. Valentine's Day ...

Chap. (Maj.) Frank Hamilton outlines the history of the upcoming holiday, originating in ancient Rome.

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The AETC Inspector General Charter



A View from the Top



Gen. Lloyd W. Newton
AETC commander

RANDOLPH AIR FORCE BASE, Texas – Every day across this command, thousands of people do great things for our Air Force that keeps it the world class organization it is. The Air Force is a phenomenally diverse organization. Missions and operations cover the spectrum of warfare, and in AETC's role, our mission covers recruiting, training and educating people to do the jobs necessary for victory in war and successful peacetime operations.

How do we in AETC, and Air Force wide, maintain the standards of performance necessary for a quality organization? One way is through our Inspector General system.

My charter to our IG team basically follows our Air Force core values. First, the IG looks for the "excellence in all we do." We have creative, energetic people who are always developing better ways to do something. They follow the motto "work smarter, not

harder." During inspections, the IG looks for top quality programs and processes – what we call "best practices." The IG then acts as a "force multiplier" by highlighting these best practices to the rest of the command.

The IG's reporting function helps us to identify the selfless contributions of many people who might not otherwise be recognized. "Service above self," our second AF core value, is recognized by the IG as they highlight outstanding performers in their inspection reports.

The idea of accountability should not surprise anyone in an organization with "integrity first" as a core value. Inherent in our oath of office or enlistment is our responsibility to the American public to uphold the good stewardship of our national resources. Consequently, our IG serves as an independent check in the balancing act of command.

What should an IG visit be like? Ideally, for you, it should be a demonstration of your everyday practices. For decades now, this command has educated and trained people by constantly testing and refining tried and true procedures and techniques.

We have built the best Air Force in the world. It

makes no sense to ignore the lessons of the past as prescribed in our published instructions. Therefore, you need to know and understand our guidelines, and follow them in your everyday work, while, I should add, always looking for ways to do things better. That's what the Air Force is all about. Building on already good practices and programs to make our unit, our command, our Air Force even stronger, and more effective in what we're tasked to do.

In doing that, you will demonstrate your "core values" in a positive way and contribute to the overall success of your unit during an inspection. Personal pride,

An inspection is an important tool for managers and leaders. I place great value in the "lessons learned" from our inspection process and you should, too.

quality assurance, mentoring – any improvement effort you can think of will help prepare you for an IG visit.

Inspection is mentoring on a large, unit scale.

Through the IG, we observe, document, critique

and suggest future courses of corrective action. An inspection is an important tool for managers and leaders. I place great value in the "lessons learned" from our inspection process and you should, too.

(Courtesy AETCNS)

Commander *Tricare: a quality healthcare system for the Air Force*

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By Lt. Col. David O'Brien
47th Aeromedical Dental
Squadron commander

Your family anticipates the upcoming arrival of your first child; your son or daughter has their third ear infection this year; or you sprain your ankle during a squadron softball game.

The need for quality healthcare never changes.

However, like so many Air Force functions, the way we deliver healthcare continues to change. Like flying operations, changing threats and opportunities led to new weapons and procedures. During the 1980s, air to ground missions generally delivered dumb bombs after flying low-level routes at 100-300 feet above ground level. Today, those same

fighter units deliver laser guided bombs from altitudes above 20,000 feet. Same desired endpoints, but very different methods.

Following the right sizing and downsizing of the 1990s, including reduced medical manning and resources, the Department of Defense introduced a new managed healthcare system: Tricare. Tricare integrates civilian contractors and civilian healthcare providers into a once exclusively military program. Tricare, specifically Tricare Prime, is an excellent health care program and continues to improve. However, because benefits and procedures are misunderstood, Tricare is unduly criticized. There are three choices of coverage with Tricare - Prime, Standard and Extra. I generally recommend Tricare Prime, so let's look at the

benefits of the program and review the procedures for accessing care within Tricare.

Tricare Prime is obviously different than the CHAMPUS program with which most of us are familiar. As a comprehensive managed health plan, Tricare's goal is creating a healthy and fit population, by ensuring that your medical needs are met by the right person, at the right time and place. An example of care at the right place is our use of Val Verde Medical Center. Laughlin AFB closed an inefficient hospital and better used resources at a downtown hospital.

Tricare has brought similar changes in outpatient care. Obtaining after hours care is one of the most frequent concerns expressed by patients and commanders and will be the focus of my remaining

comments. Outpatient care consists of emergency, urgent, routine, and preventive care.

An emergency is defined as threatened loss of life, limb, or eyesight.

In case of an emergency, call 911 or proceed to the nearest emergency room. Do not delay by seeking Tricare authorization. Call Tricare as soon as reasonably possible, but before 24 hours to retroactively obtain authorization.

Example: Your husband is putting up Christmas lights on the roof and falls. He is obviously unconscious and not responding to your voice. You call 911 and an ambulance crew responds. He is provided with a cervical collar, backboard, and other emergency care, then transported to the hospital. You call

See 'O'Brien,' page 12

Actionline

Call 298-5351

when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the *Border Eagle*. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.

Winfield W. Scott III

Col. Winfield W. Scott III
47th Flying Training Wing commander



AAFES	298-3176
Accounting and Finance	298-5204
Civil Engineer	298-5252
Civilian Personnel	298-5299
Commissary	298-5815
Dormitory manager	298-5213
Hospital	298-6311
Housing	298-5904
Inspector General	298-5638
Legal	298-5172
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810
Equal Opportunity	298-5400
FWA hotline	298-4170

Border EagleCol. Winfield W. Scott III
Commander1st Lt. Angela O'Connell
Public affairs officerSenior Airman Mike Hammond
EditorAirman 1st Class Brad Pettit
Staff writer(Flag design: Staff Sgt. Marc Barnes,
7th Bomb Wing, Dyess AFB, Texas.)

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. **Copy deadline is close of business each Thursday the week prior to publication.** Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday. Submissions can be E-mailed to: michael.hammond@laughlin.af.mil or reginald.woodruff@laughlin.af.mil Visit Laughlin's website at <http://www.laughlin.af.mil/>

***“Excellence –
not our goal, but
our standard.”***

– 47 FTW motto

Safety Stats

As of Dec. 20, 1999
(Fiscal Year)

	'00	Total '99
On-duty mishaps	1	5
Off-duty mishaps	1	12
Traffic mishaps	0	2
Sports & Rec mishaps	1	6
Fatalities	0	0

Laughlin member wins AETC-level award for design of base operations complex

By Airman 1st Class Brad Pettit

Staff writer

Laughlin recently received honors at the annual Air Education and Training Command Design Awards under the Conceptual Design category for design of the new base operations and control tower complex.



Gallegos reviews base architectural compatibility standards.

Daniel Gallegos, base community planner for the 47th Civil Engineer Squadron, performed as liaison between several Air Force agencies, two Army Corps of Engineer districts and two architectural-engineer firms to ensure optimum design of the new \$8 million facility.

“I had to make sure everyone was on the same sheet of music,” said Gallegos. “My job was to gather pertinent information from the users and ensure that the corps of engineers and design firms received that information and incorporated user requirements into the design,” he explained. “As with all facility design, extensive coordination efforts were crucial to meeting design requirements and project milestones.”

Two separate engineering firms designed the base operations and control tower complex. BPLW Architects, from Albuquerque, N.M., designed the base operations facility. This is the new home to base operations, weather, radar approach control, safety and the Silver Wings grille. Cromwell & Associates, Little Rock, Ark., designed the control tower based on a design for a new control tower at Little Rock Air Force Base.

“The group held several meetings and brainstorming sessions as part of the building design,” said Gallegos. “Project draw-

ings and specifications were generated for final approval after eight months of planning.”

The base operations and control tower are designed as a state-of-the-art facility that will replace the antiquated base operations and control tower. This new complex will centralize the base operations, radar approach control and tower functions.

This facility is the first of its kind in Air Force history. Never before has the Air Force incorporated a control tower as a part of a base operations complex.

“This is the first of several projects that will improve the working conditions and the quality of life on base,” said Gilbert Miller, 47 CES chief of engineering. “Several additional new facilities are programmed for the future. These projects will assist in our mission: training the world’s best pilots.”

“I just helped bring the people together who were responsible for making the design happen,” said Gallegos. “All credit goes to the persons who envisioned the base operations and control tower and the designers who brought that vision to light. The facility won this award, not me.”

The design of Laughlin’s base operations and control tower will compete at Air Force level later in the year.

Base hosts National Prayer Breakfast

Laughlin will observe the National Prayer Breakfast Wednesday from 8 to 9:30 a.m. at Club XL.

Each year, soon after Congress convenes, men and women in leadership positions from various aspects of our national life meet together for discussion and prayer on the occasion of what is now known as the Annual National Prayer Breakfast. In 1970, the name was changed to “The National Prayer Breakfast” to emphasize less the individuals involved and more the reasons for gathering.

The U.S. Senate and House of Representatives Prayer Groups sponsor the National Prayer Breakfast. The purpose of the occasion is to bring U.S. leadership together in recognition of the moral and religious values

upon which our nation is founded.

The breakfast is normally attended by the president, vice president, the cabinet, members of the U.S. Senate and House of Representatives, Supreme Court, government officials, military leaders and others from across the United States.

Since the inauguration of the breakfast, the idea of women and men in positions of responsibility meeting together privately and without publicity has spread to every state, scores of cities and to parliaments and congresses on every continent.

Col. Charles Baldwin, AETC command chaplain, will be the guest speaker for the base event. Tickets will be \$3 each and are at the base chapel and with unit first sergeants.

For more information, call the chapel at 5111.

American Heart Month observed in February

By Maj. Kerri Wyble

47th Aeromedical Dental Squadron

American Heart Month is recognized throughout the month of February.

During this month, it is encouraged to take preventative measures to limit the risk of developing heart problems.

The human heart is the strongest muscle of the body. Every day, it beats an average of 100,000 times, pumping about 2,000 gallons of blood through 60,000 miles of blood vessels.

But, not everyone’s heart works the way it should. Heart disease, also called cardiovascular disease, is the number one cause of death in the United States today. High blood pressure is the most common cardiovascular disease and occurs when small blood vessels become narrowed. Uncontrolled high blood pressure can cause heart attack, stroke,

kidney failure or blindness.

Atherosclerosis is another common cardiovascular condition. Atherosclerosis occurs when fatty materials build up inside an artery, causing the artery walls to thicken and harden. This narrowing of the artery can slow or stop the flow of blood and can lead to stroke, angina and heart attack.

Common warning signals of a heart attack include heavy, squeezing pain in the center of the chest that may extend to the arm, shoulder, neck, or jaw, anxiety, sweating, nausea, vomiting, shortness of breath, dizziness, fainting and, in many cases, denial. If someone is experiencing these symptoms, it is important to get medical help immediately. While waiting for help to arrive, have the person sit or lie still in a comfortable position, loosen tight clothing and if

See ‘Heart’ page 5

The *XLer*

Hometown: New Orleans, La.

Family: Wife, Stephanie; sons, Charles and Dario.

Time at Laughlin: 11 months.

Time in service: 10 years, 5 months.

Why did you join the Air Force? On the job training and college.

Name one way to improve life at Laughlin: Keep improving the sponsor program.

Greatest accomplishment: My family.

Long-term goals: To extend at Laughlin and become a chief.

Hobbies: Spending time with my sons.

Favorite food: Lasagna.

Favorite beverage: Pine-

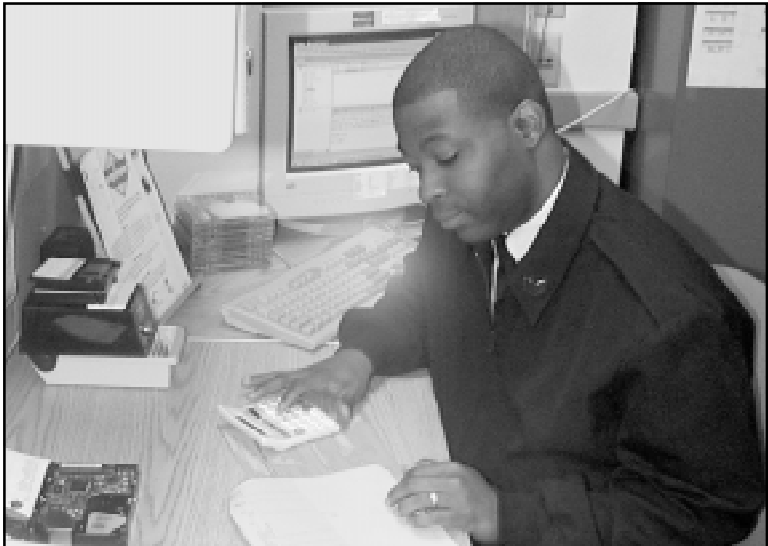


Photo by Airman 1st Class Brad Pettit

Staff Sgt. Charles Jones
47th Flying Training Wing

apple soda.

Bad habit: Right, right.

If you could spend one hour with any person in history, who would it be and why? Con-

gress, so I could find out how they can justify a 50 percent raise for themselves and a four percent raise for the armed forces.

Chapel Schedule

Catholic

-Daily Mass 12:05 p.m.

-Saturday Mass 5 p.m.

-Sunday Mass 9:30 a.m.

-Confession 4:15 - 4:45 p.m. Saturday, or by appointment.

-Choir 6 p.m. Thursdays.

-Sunday school 11 a.m., religious education building.

-Sunday School, 9:30 a.m., religious education building.

-Awana, Wednesdays from 6 - 7:30 p.m.

(For more information on AWANA, call Mike or Karen Silver at 298-3247).

Jewish

- Max Stool
219 West Strickland St.
Del Rio, Texas
Phone: 775-4519

Protestant

-General worship 11 a.m.

-Bible study video luncheon 11 a.m. Thursday, chapel fellowship hall.

The Oasis Room, (Front Entrance of Bldg. 328), is a place for comfort and confidential counseling! Sponsored by your base chaplains!

To schedule the Oasis Room for small Bible studies, prayer meetings, or counseling appointments with a chaplain, call the chapel at

Walk-in Counseling

Monday 2 - 4 p.m.
Tuesday 2 - 3 p.m.
Wednesday 10 - 11 a.m.
Thursday 9 - 10 a.m.
Friday 1 - 3 p.m.

5111 or the Oasis Room at 4975 during the hours listed above.

For more information on chapel events and services, call 5111.

Laughlin February Promotees

Congratulations to the following members of Team XL:

To 1st Lt.:	Organization:	Effective date:
Daftarian, Michael	87 FTS	Feb. 20
To Chief Master Sgt.:		
Bratton, David C.	47 SPTG/SVS	Feb. 1
To Master Sgt.:		
Richardson, Valeria	47 ADS	Feb. 1
To Technical Sgt.:		
Curley, Edward P.	47 OSS	Feb. 1
Floyd, Mark R.	47 CONS	Feb. 1
To Staff Sgt.:		
Byrd, William J.	47 CS	Feb. 1
To Senior Airman:		
Muzzio, Catherine J.	47 SFS	Feb. 19
Talley, Matthew D.	47 SFS	Feb. 6
To Airman 1st Class:		
Harvey, Joseph W.	47 MDSS	Feb. 14
Zielinski, Bret R.	47 CES	Feb. 7
To Airman:		
Fox, Latoya T.	47 ADS	Feb. 5

Laughlin's next enlisted promotion ceremony is scheduled for 3:30 p.m. Feb. 29 at Club Amistad. Come show your support of the enlisted members advancing in rank and responsibility!

Valentines for Vets: remembering our own

By 2nd Lt. Sharon Evans

Public affairs

Help brighten the day for hospitalized veterans by participating in the Valentines for Vets program – Air Education and Training Command's name for Air Force support of the Department of Veterans Affairs' 2000 National Salute for Hospitalized Veterans, Feb. 14-20.

The purpose of the salute is to recognize veterans' sacrifices for the country, increase community awareness of medical centers' programs and encourage citizens to visit and become involved as volunteers in the VA facilities.

The base supports the Jerry L. Pettis Memorial Veterans Hospital in Loma Linda, Calif., which serves more than 30,000 veterans in the area.

This year, show veterans that you have not forgotten their dedication or sacrifices by buying or making them a Valentine. Address the card to "a U.S. Veteran," and let them know you appreciate their work to keep our country free.

The hospital is also in need of several items for the veterans, such as stationery, postage stamps, toothbrushes,



Photo by Senior Airman Mike Hammond

Crystal McCauley, 4, shows off her work-in-progress, a Valentine for a veteran at the Jerry L. Pettis Memorial Veterans Hospital in Loma Linda, Calif.

razors and other personal hygiene items.

Both Valentines and donations can be dropped off by Feb. 9 at the public affairs office, Bldg. 338, in order to arrive at the hospital on time. For more information, call 5980.

Get more information about your Air Force every Wednesday at:
<http://www.af.mil/newspaper>

United States Air Force
ONLINE
news

'Milligan' from page 1

distinguished graduate from the Senior NCO Academy, Pacific Air Forces NCO Academy, and was an honor graduate from the NCO Leadership School.

During his career, Milligan was awarded the Defense Meritorious Service Medal with three oak leaf clusters, the Meritorious Service Medal with three oak leaf clusters, the Joint Service Commendation Medal with two oak leaf clusters, the Air Force Commendation Medal, and the Joint Service Achievement Medal. He earned the Secretary of Defense Service and Joint Chiefs of Staff Badges.

Milligan is expected to arrive here late February, accompanied by his wife, Juanita. They have two daughters and one son. Angel, 27, lives in Manassas, Va., Deanna, 27, lives in Davenport, Fla., and Chris, 25, lives in Dallas, Texas.



AETC command chief master sergeant
Chief Master Sgt. William Milligan

'Heart' from page 3

necessary administer CPR if you've been properly trained.

Regular health care and a healthy life-style can help reduce the risk of heart disease.

By following these six steps the risk of heart problems can be reduced:

- Eat a healthy diet following the food pyramid guidelines.
- Don't spend a lot of time worrying about what foods you should limit. Instead, focus on increasing your intake of fruits, vegetables and whole grain products.
- Find ways to increase your

activity level. Walk or bicycle instead of driving. Take the stairs instead of the elevator. Incorporate 30 minutes of daily exercise into your work schedule.

- Learn how to manage your stress. Talk out problems with someone you trust. Set realistic

goals. Use your time and energy efficiently. Avoid too many changes in your life at the same time. Take time every day to relax.

- Don't smoke. 'Nuff said.
- Visit your health care provider on a regular basis. Be prepared for your appointment.

Have questions written down and don't be afraid to ask. It's important to take an active role in your health care.

- Control conditions such as high blood pressure and diabetes by taking medications as prescribed and following the above five steps.

CGOC seeks support from officers

XL Daedalian Room.

The meetings provide professional development by reflecting on the previous month's accomplishments, discussing the assigned "book of the month" from the CSAF reading list, listening to guest speakers and setting firm dates for monthly community service projects and social events.

On Feb. 25, the CGOC will be making a trip to Randolph to review personnel records and meet with the Randolph CGOC. We invite all company grade officers to come out and get it done!

Call 5656 or 5857 with any questions.

The Laughlin Company Grade Officer's Council is accomplishing community service while increasing social and leadership skills of young officers.

Membership in the CGOC is free and helps provide opportunities to learn and help base and local communities.

The CGOC meets the third Thursday of each month, with the next meeting scheduled for Feb. 17 in the Club



From the Blotter

(47th Security Forces Squadron)



Jan. 25 – An individual's privately owned vehicle was hit in the base exchange parking lot by an unknown vehicle.

Jan. 25 – A security forces patrol noticed a suspicious vehicle on the perimeter. Contact with the driver revealed the person was

looking for a lost \$650 bracelet. Assistance was rendered by the patrol, and the lost item was recovered.

Jan. 26 – Del Rio Police Department arrested personnel from Laughlin for driving under the influence of alcohol.

Installation entry point checks are the inspection of vehicles, entering or departing Laughlin. IEPCs are conducted to help ensure the health, wellness, safety, and security of Laughlin remains at the highest levels. IEPCs are not searches and should not be confused with searches.

The installation commander determines when, where, and how to implement IEPCs. The staff judge advocate reviews the monthly IEPC selections and it is enforced by the security forces. When a vehicle is stopped based on the random count, the count stops and does not resume until the check has been conducted and the vehicle is released. Areas to be checked can include the glove box, under the hood, outside of seats and floorboard area, under the seats, spare tire compartment, ash trays, trunk compartment, gym bags, tool chests, brief-cases, luggage, blankets, and any other containers inside the vehicle or trunk. A military working dog may also be utilized.

Refusal to comply with this program can result in the loss of base driving privileges, revocation of base registration, and/or debarment from the base. Civilians will be denied entry onto the installation unless the vehicle is examined. If a military member is in control of the vehicle, this action may be taken or the vehicle may be examined, using reasonable force if necessary. *EMERGENCY CALL 911, NON-EMERGENCY CALL 5100*

47th Medical Group

When you enroll in Tricare Prime, you choose a high-quality, convenient health plan. Tricare Prime emphasizes your patient's rights as a customer of the DoD health care system. The unique features of Tricare Prime include expanded benefits, reduced out-of-pocket costs, and no deductibles. More reasons to enroll are:

- Individualized care/timely access to care
- Medicine on the cutting edge of technology and research
- A quality provider network
- Expanded clinical preventive care benefits
- The ability to transfer your enrollment
- Help when you need it – 24 hours a day, 7 days a week
- Minimal paperwork/ongoing innovations
- Priority care at Military Treatment Facilities
- Access to toll-free, 24-hour health information/nurse advice lines

The true measure of Tricare's success is the whether people will continue to stay enrolled in the program. According to a 1998-99 customer satisfaction survey, 92 percent of beneficiaries intend to re-enroll. They are staying for reasons like:

- Automatic re-enrollment is now systemwide
- No more balance billing of Prime enrollees
- Multiple copayments for ancillary care have been eliminated

In addition to making the program more hassle-free, DoD is currently looking at ways to make care available to all Military Health System beneficiaries. Talk with your local MTF for information about the quality care that they can provide. You can also visit your TRICARE Service Center or call 1-800- 406-2832. For more information, visit the following Websites: www.fhfs.com (Foundation Health Federal Services) tricare.osd.mil (DoD Health Affairs).

Closure of base exchange being assessed; customer input needed

By Helene Hamel
Laughlin Base Exchange manager

The base exchange management, in coordination with wing leadership, is assessing the possibility of closing the main BX store on Mondays. You, our customers, are key to the outcome of this assessment.

Prior to December 1998, the store had been closed on Mondays. At that time, we took the initiative to open the store on Mondays, providing seven-days-a-week shopping convenience. However, due to lack of customer patronage on Mondays, with the exception of during the Christmas holiday season, this initiative has proven not to be cost effective.

But, instead of simply deciding and announcing the store will be closed on Mondays due to lack of use, we decided to partner with you, our customers, in addressing this issue. Therefore, we plan to stay open on Mondays through March 6, and will then reevaluate customer participation levels and sales figures. We will subsequently consult with wing leadership and make a final decision.

We welcome this decision-making partnership with our customers, and encourage you to visit the main store on Mondays. Mondays are a quiet time to shop, there is no waiting at central checkout or at customer service and the bank, barber-shop and food facility are all open. The operating hours are 11 a.m. to 5 p.m.

I assure you, we care about and have worked hard to better serve you by bringing in new items, improving the facility, and planning to start renovation soon for a new Burger King Express. Likewise, we absolutely appreciate your continued support and look forward to serving you in the future.

As always, we are looking for ways to improve our service to you, our customers. Please, feel free to contact me at 298-3176 with any comments or suggestions.

Information Assurance Month stresses importance of maintaining, changing, computer passwords

By Frederick S. Ervin

47th Communications Squadron

February is Information Assurance Month, and one of the things we can all do to help make it a success is to change our computer password.

The need for good computer protection is becoming increasingly more important. Reports of computer hackers plying their skills have not only increased in the number of attempts, but also in the amount of damage that hackers are doing.

So, what can you do to help safeguard your files? The answer lies in the key to enter your computer system - your password! The composition of a password is as important to protecting your computer files as a good security system is to safeguarding your home. The more complex the password, the less likely a hacker will be able to enter.

What constitutes a good password? A good password should contain a minimum of eight alphanumeric characters (using both upper and lower case) with at least one special character (!, #, %, ^, etc.). It is very important that you do not make your password related to your own personal identity, history, or environment. Completely avoid using spouse or children's names, birthdays, nicknames, and anything else a potential hacker could link to your identity.

How can I make a really good password? One method is to take a sentence that is easy for you to remember and take the first letter of each word in the sentence, substituting upper and lower case characters and using special functions keys. For example, "I love the Air Force and want to reenlist" could become 1Lt@f&W2r. Another good way to construct a password is to take two or three words and use part of each one to make a

password. For example, cabbage soup could become c@bB\$0up. As you can see, there are many methods and a good imagination will make a great password.

How do I go about protecting my password? Memorization is the most effective and only reliable method. Do not write your password down on desks, walls, sides of cabinets; or any other office area that anybody else has access to. Make sure you do not share your password with anybody else unless mission requirements

mandate that you do so.

When the requirement expires, change your password immediately. Be sure when you are initially logging on that nobody is making a concentrated effort to try and view the keys

you are typing. It is the sole responsibility of each user to be accountable for his or her own password.

What should you do if you think that another person may have discovered your password? In the event that you even remotely suspect that another individual may have discovered your password, change it. You can accomplish this yourself at anytime by following the different computer commands that are put in for the purpose of changing passwords - or if you are unsure on how to do this, contact your system administrator. If your system administrator is unavailable, give the 47th Communication Squadron help desk at 5200. Expert network control center technicians will be able to guide you through the process.

You might be erroneously thinking that your job really doesn't deal with material that would be of interest to a hacker. This is not true. A hacker that can enter the system via your computer can cause great damage to a number of the files that are shared by other members of the base. Not to mention that if they went to your e-mail page they could send malicious messages to virtually any computer user anywhere and the sad part is that when viewed it would appear to

have come from you.

When one thinks of a hacker, they may envision a person at some terminal at his home going through hundreds of commands trying to get into a system. While this characterization may be true, according to members of the 47th Communication Squadrons network

control center a greater danger from hacking does not necessarily come from an external threat, but from an internal threat!

A skilled hacker who was able to get on base and find a terminal that was active, could, in five minutes or less - depending on the level of access by that terminal user - bring down the entire Laughlin computer system. The damage could not even begin to be estimated in terms of dollars and cents, and the loss of data would be catastrophic.

This article is intended to only give an overview of one aspect of computer information protection. To learn more about this topic, consult AFMAN33-223, Identification and Authentication, contact your system administrator, or call the information assurance office at 4271.

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Forming good eating habits can reduce risk of cancer

There is scientific proof that approximately one-third of cancer deaths in the United States can be attributed to diet, according to the American Cancer Association.

A diet that includes a high amount of fruits, vegetables, grains and beans can reduce the risk of cancer and promote overall good health.

Listed below are some healthy diet and lifestyle choices that are highly recommended by the American Cancer Association. By understanding this information, it can help one to maintain a healthy body.

Choose food that comes from plant sources

- Limit intake of high-fat foods, particularly from animal sources
- Maintain a healthy weight and routine exercise program
- Limit consumption of alcoholic beverages
- No diet can guarantee full protection against cancer, but a healthy diet and exercise program at any time from childhood to old age can reduce cancer risk.

(Editor's note: This release is courtesy of the Irwin Army Community Hospital at Fort Riley, Kan.)

(Irwin Army Community Hospital, Fort Riley, Kan.)

Aim High!

For more information on joining the Air Force, call 1-800-423-USAF or the local recruiter at 774-0911.

How to make a child's trip to dentist enjoyable

By Capt. Paul F.T. Ayson
47th Aeromedical Dental Squadron

There's a common belief among people that a child does not need to see a dentist until he or she is 5 years old. However, it is strongly recommended by leading pediatric dentists and the American Dental Association to bring their baby to the dentist by the child's first birthday.

There may be some underlying factor as to why parents have difficulty taking their child to the dentist. One reason is that they probably don't have the time, energy and the resources to take the baby to the dentist.

Another reason could be due to having a traumatic experience when they were children. Remember that children are quite impressionable. They pick up on little things like this, so let us make their first experience a positive one.

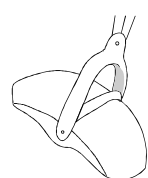
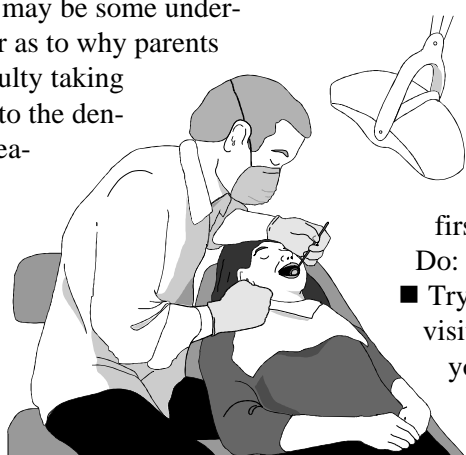
When bringing the child to the dentist for the very first time, speak very positive as you would for any new experience.

It's common that most parents are not aware of what occurs during the first dental visit.

Usually, the first visit is just an examination. The dentist would examine the child's gums and teeth to make sure that decay is not present.

The first visit will probably be a positive one for both the child as well as the parents.

Parents will learn important tips to help care for their child's teeth at home and improve on their own oral hygiene as well.



Regardless of the child's age, here's a few tips for a smooth start with the child's first dental visit:

Do:

■ Try to make dental visits enjoyable for your child.

■ If the child is old enough, let your child go

into the treatment room alone, if that is what the dentist prefers.

■ By brushing and flossing daily, you are setting the standard for your child to meet regarding oral hygiene.

■ Visit your dentist regularly. Don't:

■ Bribe your child to go to the dentist.

■ Use dental visits as punishment.

■ Let child know about anxiety about going to the dentist.

■ Let anybody tell bad experience or scary stories about their dental visits.

Where are they now?

Name: Capt. Jason Brown.

Class/Date of graduation from Laughlin: Class 97-14, September 1997.

Aircraft you now fly and base you are stationed at: C-17A Charleston AFB, SC.

What do you like most about your current aircraft? Excellent maneuverability and navigation ability due to computerization.

What do you dislike most about your current aircraft? High operations tempo.

Mission of your aircraft?

Strategic airlift/airdrop.

What was the most important thing you learned at Laughlin besides learning to fly? Rated officers are expected to be officers first, so set a good example.

What is your most memorable experience from Laughlin? Hanging with classmates.

What advice would you give SUPT students at Laughlin? Get to know your class and be an active part of it. Study hard.



US Air Force photo of a C-17

Weather Ahead

February is a transitional month. Weather for the first part of the month is similar to January. However, toward the end it is usually evident that winter is fading.

Arctic fronts still bring cold temperatures, but by the end of the month, these air masses are greatly modified. Freezing temperatures are not common after mid-February, but low stratus ceilings and fog are prevalent.

Temperatures for the month are predicted to be as low as 68 to 53 degrees. The record high is 103 degrees, while the record low is 15 degrees.

The average precipitation for this month is 1 inch. The monthly record for rainfall is 3.4 inches.

For those interested in the current weather conditions, check out the 47th Weather Operations Flight Web page at <http://weather.laughlin.af.mil/>.

During severe weather, tune to the commander's access channel for weather warning updates.

(Courtesy 47th Weather Operations Flight)

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

9-1-1
HEART ATTACK & STROKE
Read the signs. / Raise a flag.

American Heart Association

Question of the week

How can we exemplify service before self at Laughlin?



“By making daily sacrifices and giving 110 percent to the Laughlin community.”

Airman Joseph Harvey
47th Medical Support Squadron



“By participating in the Laughlin Honor Guard to show my support for the base and local communities.”

Airman 1st Class Jeffrey Polillo
47th Mission Support Squadron



“Service before self is more than just doing your job in an outstanding manner. Feel as though this is your Air Force, your base and you want to provide the best of everything for it. That’s why we do a great job and we go above and beyond; Service *is* self.”

Tech. Sgt. David Baldwin
47th Security Forces Squadron



“We can read and follow the tenants of the Little Blue Book. They are simple, straightforward and to the point. If you don’t have a copy, you can download one from the Web.”

Capt. Derek Sherrill
47th Flying Training Wing

‘O’Brien,’ from page 2

Tricare later that day, after your husband has regained consciousness and is being observed at the hospital. Tricare will use the reasonable person theory to grant authorization for emergency medical care. I know of no one denied re-imbursement for reasonably using the emergency medical system. Of course, anyone with repeated occasions of inappropriate emergency medical use would be responsible for paying these bills.

An urgent medical condition is one lasting 24-72 hours which affects your normal daily activities. Tricare requires that urgent medical needs be addressed by a health care provider within 24 hours. Most often, patients call the appointment desk and are treated at the 47 MDG clinic. After normal duty hours, during weekends, and on holidays, you can seek help by calling the Tricare health care information line at 1-800-611-2875.

This phone number is good throughout the U.S., including Alaska and Hawaii. You can choose to listen to a prerecorded information tape or talk with a nurse.

Example: your son has a history of

asthma. He has a fever, cough, and is breathing faster than normal, but is not short of breath. You call the HCIL to talk with a licensed, registered nurse trained in telephone triage. Depending on the child’s symptoms, the nurse provides you with home care recommendations. The nurse may also refer your child for a next-day clinic appointment or emergency room visit, and/or directly phone the on-call provider at Laughlin for consultation. If you have further concerns, you can also contact the on-call primary care health care provider at Laughlin by calling Ambulance Services at 298-6333. This number can also be used by fliers who have a requirement to contact a flight surgeon after hours.

Routine medical care includes treatment of mild or chronic illnesses. Tricare requires routine appointments to be seen within seven days of calling. However,

the 47 MDG usually sees Tricare Prime patients within three to four days. Call the clinic appointment desk at 298-3578. (For non-Prime patients, appointments are on a space-available basis). Non-emergency referrals to specialists, usually located in San Antonio, may require up to 30 days. Well care or prevention appointments, such as PAP smears or cholesterol evaluations, are seen within four weeks of request. One last note. Understandably, many people get upset if they receive a medical bill for Tricare-covered expenses, particularly if there is a threat of legal action for nonpayment. My advice is simple – bring your bills and questions to the Tricare Service Center. It is located just inside the main entrance to the clinic. The staff is friendly and well trained, and will arrange for bill payment. I have found Tricare vastly simpler

than CHAMPUS with its annual deductibles and 20 percent co-pay. My family recently had the opportunity to use our benefits with the arrival of our second child in October, 1999. My wife’s pregnancy was complicated and required additional care – including an evaluation in San Antonio and several interventions on the day of delivery. After all that excellent, time-intensive care, our co-pay was \$25 for approximately \$2,600 in hospital bills and \$3,600 worth of doctor visits, ultrasounds, and lab tests. I hope you feel more comfortable and familiar with Tricare Prime after these explanations and suggestions. It has great benefits and I recommend it without reservation. If you have further questions, I know the Tricare office would be happy to answer them. They can be reached at 1-800-406-2832, from 7:30 a.m. to 5 p.m., Monday through Friday. You can also check out the Tricare website at www.fhfs.com. Thanks for your time and interest. I encourage you to keep on exercising, eating a prudent diet, pursuing a healthy life style, and enjoying our great American way of life.

I hope you feel more comfortable and familiar with Tricare Prime after these explanations and suggestions. It has great benefits, and I recommend it without reservation.

Newspaper editor bests the rest in player picks contest

By Staff Sgt. Reginal Woodruff
Public affairs

Sunday’s thrilling Super Bowl ended the 1999 National Football League season and the closely-contested Laughlin 1999 Players’ (football) Picks.

The Players’ Picks pitted armchair quarterbacks from around the base against each other in competition for the simple pleasure of winning (and rubbing everyone’s face in it).

After 16 weeks of upsets, bragging, frustration and fun, Senior Airman Mike Hammond, editor of the Border Eagle and a St. Louis native, was the last man standing among the 16 competitors in

the contest that started in NFL week two.

Hammond tried to bottle his enthusiasm Monday morning by simply replying “Go Rams!” when anyone mentioned the game. However, it wasn’t long into the day before he was giving the people who made the playoffs (Capt. Tony Holmes, Master Sgt. Mike McNeil, R.B. Robinson, Johnny Rincon, and Airman 1st Class Charlie Rodriguez) an earful of his boasting.

The contest gave the competitors something extra to look forward to weekly. It also generated conversation among other sports fans on base, who wondered aloud who would win and

compared their picks to the so-called “gridiron gurus.”

“The football picks (contest) was very entertaining,” said R.B. Robinson. “As a member of the base and Air Force community, I read the paper weekly to see what’s going on here and abroad. Yet during the contest I found myself heading straight for the Sports section to see how my fellow “would-be” coaches and players fared the previous Sunday – and what their future picks were,” he continued. “The contest was the topic of discussion among the competitors and those who dared not challenge my superior football knowledge. Next year, Hammond!”

While Hammond agreed with much of Robinson’s assessment of the contest, he cited a difference of opinion in the area of superiority. He said, “While all the finalists showed considerable football knowledge, all season long I proved to be as superior as the St. Louis Rams – untouchable!”

Interest and excitement from the football competition has already started talk about a March Madness competition to crown the “King of College Hoops.” If you are interested in a contest picking the outcome of the NCAA basketball tournament, call Senior Airman Mike Hammond at 5393 or e-mail michael.hammond@laughlin.af.mil.



Photo by Staff Sgt. Cecilio M. Ricardo, Jr.

Good arm!

Secretary of Defense William Cohen throws out autographed footballs to the audience during the annual USO show. In a continuation of Bob Hope's traditional USO shows, Cohen brought American stars to Eagle Base, Tuzla, Bosnia-Herzegovina, to entertain the troops supporting Joint Forge.

The XL Fitness Center is looking for those interested in forming an indoor soccer league for the summer months. For information, call Senior Airman Luis Pimentel at 5326.

Intramural basketball standings

(as of Feb. 2)

Eastern conference

<u>Teams</u>	<u>W</u>	<u>L</u>
87 FTS	1	0
CS/SVS	1	0
OSS	0	1

Western conference

<u>Teams</u>	<u>W</u>	<u>L</u>
86 FTS	1	0
MSS	0	1
OSS	0	1

Scores for games played

<u>Teams</u>	<u>Pts.</u>
CS/SVS	71
87 FTS	59
86 FTS	45
OSS II	44
OSS	43
MSS	36

XL Fitness Center hours

Monday – Thursday
5 a.m. to midnight
Friday
5 a.m. to 8 p.m.
Saturday, Sunday,
holidays, goal days
9 a.m. to 8 p.m.

Bowling standings

(as of Feb. 2)

<u>Teams</u>	<u>W</u>	<u>L</u>
OSS	100	33
CES	83	50
SFS	78	55
SVS	74	59
MDG	62	71
FTW	60	73
Boeing	60	73
CDC	58	75
MSS	57	76
CS 33	100	

ONLINE
news
check
this
out!



For Air Force news, turn these pages every Friday. For more news, go to the web every Wednesday. <http://www.af.mil/news-paper>

Base starts Frame of Choice program

Beginning Feb. 14, Air Force active duty, Reserve and Guard members will be given a greater choice of eyeglass frames through the Frame of Choice program.

The program, designed to enhance quality of life, will allow Air Force members to order one frame of choice in addition to the standard military spectacle each year.

The FOC program offers Air Force members six alternative frame styles in various colors. Those ordering a frame of choice must go to the optometry clinic with their medical records to ensure proper documentation. Those who lose or damage the FOC will not be eligible to replace it until one year from the initial ordering date. Requests for replacement spectacles within one year will be filled by using appropriate standard issue frames.

In consideration of the younger and more junior members, who may be less able to afford commercial spectacles, the following rules of engagement are implemented.

■ If a patient's prescription is equal to or less than one year old, active duty Air Force members may bring their prescription to the optometry clinic and order a frame of choice during the following timeline and hours of operation:

E-1 through E-4: Feb. 14 to March 31;

E-1 through E-9: April 1 to May 1;

E-1 through O-3: May 1 to June 30;

E-1 through O-10: July 1 forward.

*(Monday through Friday, 3 to 4:30 p.m. –
hours may be adjusted due to manning constraints)*

■ If a patient's prescription is greater than one year old, call the clinic appointment desk at 298-3578 to schedule a routine optometry appointment.

■ Individuals scheduled for an eye exam during the initial implementation period, who have not been seen in the last year, may order a frame of choice after the appointment regardless of rank. Members scheduled for a routine optometry exam should arrive at the clinic 15 minutes prior to the appointment time. Patients will be asked to select their FOC and fill out the appropriate paperwork if they wear glasses. This will help the clinic personnel expedite the FOC order.

Adherence to these guidelines will get the FOC to the people who need it the most. For more information, call Senior Airman DiDi Schafer at 298-6429.

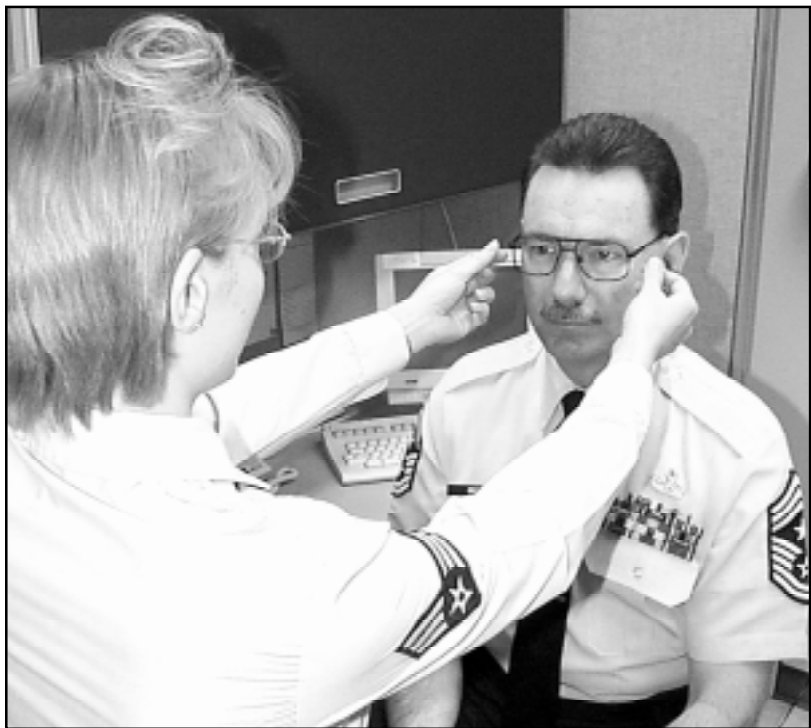


Photo by Airman 1st Class Brad Pettit

Choice frames!

Senior Airman DiDi Schafer, 47th Medical Group, fits Chief Master Sgt. Randy Crist, 47th Flying Training Wing command chief master sergeant, with a new pair of frames under the "Frame of Choice" program.

PA notes

- Publication deadline for items submitted to the Border Eagle is 4:30 p.m. Thursday, one week prior to the issue you want the item to appear in.
- The public affairs office will be closed for training Fridays at 2:30 p.m.

For more information, call 5262.

BHC gospel jubilee

The Laughlin Black Heritage Committee is sponsoring its twenty-third annual gospel jubilee at the base chapel Sunday at 3 p.m. Everyone is invited to attend.

B-2 flyby

A B-2 stealth bomber will conduct flybys over the Laughlin airfield at approximately 3 p.m. Thursday.

Communication class

The Laughlin Life Skills Clinic and the Family Advocacy Program is offering a couples communication course – Prevention and Relationship Enhancement Program. The course, which consists of six classes, will be offered Tuesdays from 11 a.m. to 12:30 p.m. in the Life Skills Clinic classroom in the 47th Medical Group. The course is scheduled to end March 7.

For more information or to register, call 298-6422.

Federal Women's Program

The Federal Women's Program will have a table at the Anything Goes Flea Market Feb. 26. Funds raised will be used for the upcoming March Women's History Month activities. Items are needed for the flea market. If you have items you would like to donate, call Barbara Voss at 5590. Pickup of donated items is possible.

Missing painting

If you have information on the whereabouts of an oil painting of a C-47 in flight, please call 1st Lt. Melissa Cunningham at 5293.

Parenting class

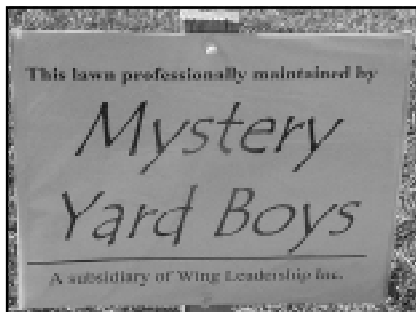
The Laughlin Life Skills Clinic is offering common sense parenting classes Mondays from 11 a.m. to 1 p.m. in the LSC conference room. Bring a brown bag lunch!

- Monday – Session 1: *Parents as Teachers*
- Feb. 14 – Session 2: *Effective Praise*
- Feb. 28 – Session 3: *Preventive Teaching*
- March 6 – Session 4: *Corrective Teaching*
- March 13 – Session 5: *Teaching Self-Control*
- March 20 – Session 6: *Putting It all Together*

This is a fun, practical and skills-based workshop focusing on personal development of parents along with growth of their children and the entire family!

Information Assurance

Lt. Gen William J. Donohue, Air Force director of communications and information, has proclaimed February as Information Assurance Month. The theme for this year's plan is titled, "Information Assurance in the New Millennium." As a reminder to all government computer users, per AFI 33-129, *Transmission of Information Via the Internet*, you are only allowed to visit Internet sites



Photos by 1st Lt. Angela O'Connell

"You missed a spot!"

Col. Skip Scott, 47th Flying Training Wing commander, and Col. Len Jarman, 47 FTW vice commander, rake the lawn of 1st Lt. Arthur Cartwright, 47th Operations Support Squadron, Saturday afternoon. Cartwright paid \$85 at the Officers Spouses Club auction Jan. 15 for the privilege of having the commanders lend him a hand. The colonels performed a variety of chores on Cartwright's lawn for two hours, and the lieutenant invited a crowd to watch the show by posting the sign above.

needed for you to conduct your official duties.

Any questions about this or other information assurance concerns please call Frederick Ervin at 4271.

Hours change

The hours of operation for Val Verde Regional Medical Center acute care clinic have changed. They are now:

- 2 to 10 p.m., Monday through Friday, and
- 10 a.m. to 10 p.m., Saturday and Sunday.

ECSC shopping trip

The Enlisted and Civilian Spouses Club is sponsoring a San Marcos Factory Outlet/Garden Ridge shopping trip March 18. Transportation will be equipped with a restroom and TV/VCR. There are 55 seats available on a first come, first served basis. A continental breakfast and refreshments will be provided and there will be a stop for dinner. Departure will be at 6 a.m. from the Fiesta Center, with a return by 9 p.m.

This trip is open to all active duty, dependents, retirees and civilians. The cost is \$20 for ECSC members and \$25 for non-members. Payment for trip is due no later than March 1. To sign up, please contact Betty Hardy at 298-7041 or Sheri Robinson at 298-4769.

OSC/ECSC cookbook sale

The Laughlin Officers Spouse Club/Enlisted and Civilian Spouse Club wing cookbooks are available while supplies last!

The book offers 564 recipes for \$10.

For more information or to order, contact Laurie

Frampton at 298-2127 or Tracy Jarman at 298-0497.

Education notes

■ Active duty personnel interested in taking the Scholastic Aptitude Test or the American College Testing Assessment should contact the Laughlin Education Office at 5545.

The ACT is scheduled for Feb. 11 at 8 a.m., and the SAT is scheduled for Feb. 18 at 8 a.m. Those taking the exam should stop by the education center to pick up their respective test packets prior to testing.

■ Interested in taking the CLEP English Composition with essay? It is free for active duty military and \$44 for civilians. It is tentatively scheduled for April 14 at 8 a.m. in the education center. The sign up deadline is March 1. Call 5545 for more details or to sign up.

OSC millennium celebration

All members, spouses and guests are invited to celebrate the first valentines of the millennium in style Feb. 12. Social hour will begin at 6:30 p.m. and continue with a gourmet dinner buffet at 7 p.m. There will be music trivia, dancing, door prizes, keepsake "2000" glasses and more. The cost is \$15 per person. For reservations, call Stacey Lilley at 768-2690.

Group forming

The Health and Wellness Center is interested in forming a Healthy Eating/Weight Loss Support Group. If interested in attending, or for more information, call Maj. Kerri Wyble or Staff Sgt. Jenny Ruiz at 298-6364.